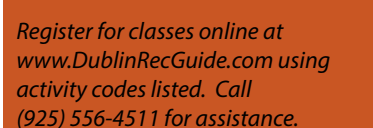


Quarterly Newsletter of the Dublin Senior Center

Celebrating a Decade of Memories: 2005–2015



splatter

not your ordinary food, wine & art festival

September 19, 12 PM-8 PM
Emerald Glen Park, Dublin
www.dublinsplatter.com

create
taste
participate
eat play
laugh

www.dublinsplatter.com



afternoon DANCE

with DJ Geri Foley

Fridays, July 24, August 28, September 25
1:30-4:00pm

Includes light refreshments

\$6 drop-in

Call (925) 556-4511 for more information.



OLDER ADULTS

ACTIVITIES & SERVICES

Dublin Senior Center

7600 Amador Valley Blvd.

(925) 556-4511

www.dublinseniorcenter.com

seniorctr@dublin.ca.gov

Register online: www.dublinrecguide.com

Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed
on the following days:



Independence Day – **Friday, July 3 & Saturday, July 4**

Labor Day – **Monday, September 7**

Welcome!

Journey into the Dublin Senior Center to discover all the wonderful activities and events scheduled for this summer and beyond. There are classes for dancing, exercising, art, help on the computer, and much more. Senior Services may be very helpful. Dine inexpensively at the Shamrock Café or take a trip, near or far. This is the perfect place to find “rewarding friendships, intriguing activities and a lifestyle of possibilities.”

Be a Senior Center Volunteer

There are many useful ways to volunteer at the Center and training for all positions. Plus, it's a great feeling knowing that Staff and patrons are grateful for your help. If you have expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk, or download forms at www.DublinSeniorCenter.com.



Connect to seniorwireless for FREE!

user name: wifi/password: wifi



Be a Senior Center Supporter

The Center is very thankful to all of its supporters. A yearly fee helps sustain the high standards for all the activities and events provided here. Please visit the front desk and register to be a supporter today. Every supporter will be mailed our newsletter, Dublin Doings, with a complete list and description of all the Center's activities and services.

Yearly Fee \$10; \$1 discount for Dublin Residents

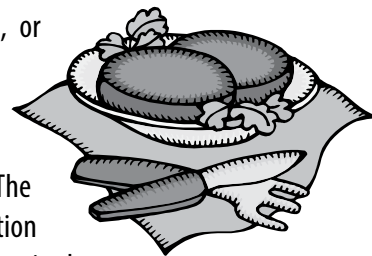
Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:30 PM

Choose a table with friends, or meet new ones. These healthy, inexpensive meals are designed for seniors.

Caregivers are welcome. The suggested voluntary donation is \$3, and registration is required.

Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, bread, beverage and dessert are served with every entree. Take-out is available, soup not included. Monthly menu posted at www.dublinseniorcenter.com.



Senior Services

Stay informed, healthy and safe. Appointments are available for H.I.C.A.P. (Health Insurance Counseling Advocacy Program), diabetes management classes, AARP Safety Driving Courses, and case management by Senior Support of the Tri-Valley.

Balance, Agility and Strength

Develop balance, and strengthen your core (abs and back) and cardiovascular system (heart and lungs), with small, simple movements. Stand or use a chair (no floor exercises).

Certified Instructor: Robin Weiss

50 Years + \$17.50 Res/\$21 Non Res

Wed 7/1-7/29 10:00-10:45 AM Activity #38195

50 Years + \$14 Res/\$17 Non Res

Wed 8/5-8/26 10:00-10:45 AM Activity #38196

Wed 9/2-9/30 10:00-10:45 AM Activity #38197

Chair Pilates

Everyday movements, such as sitting, standing and walking may be improved by applying Pilates principals.

Accredited Instructor: Valentin

50 Years + \$12 Res/\$14.50 Non Res

Mon 7/13-7/27 3:00-3:45 PM Activity #38176

Mon 9/14-9/28 3:00-3:45 PM Activity #38178

50 Years + \$20 Res/\$24 Non Res

Mon 8/3-8/31 3:00-3:45 PM Activity #38177

Fit Over Fifty

Simple exercises will help improve participants' overall health and fitness. Stand or use a chair (no floor exercises).

Certified Instructor: Robin Weiss

Adults \$14 Res/\$17 Non Res

Mon 7/6-7/27 10:00-10:45 AM Activity #38201

Adults \$17.50 Res/\$21 Non Res

Mon 8/3-8/31 10:00-10:45 AM Activity #38202

Adults \$10.50 Res/\$12.75 Non Res

Mon 9/14-9/28 10:00-10:45 AM Activity #38203

NIA (non-impact aerobics)

Blending dance, martial arts and healing arts benefits the entire body.

4 Weeks Certified Instructor: Lynda Farmer

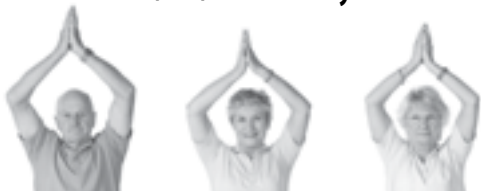
Adults \$20 Res/\$24 Non Res

Tue 6:00-7:00 PM 7/7-7/28 Activity #38367

Tue 6:00-7:00 PM 8/4-8/25 Activity #38368

Adults \$25 Res/\$30 Non Res

Tue 6:00-7:00 PM 9/1-9/29 Activity #38369



Tai Chi Chuan

Learn one qi "chi" guong new movement each week.

Instructor: John Deng

50 Years +

Beginner

24 Forms \$10 Res/\$12 Non Res

Fri 7/10-7/31 1:00-2:00 PM Activity #39034

Fri 8/7-8/21 1:00-2:00 PM Activity #39035

Fri 9/4-9/18 1:00-2:00 PM Activity #39036

Continuing Beginner

24 Forms \$12 Res/\$14.50 Non Res

Tue 7/7-7/28 1:00-2:00 PM Activity #38374

Tue 8/4-8/25 1:00-2:00 PM Activity #38376

24 Forms \$15 Res/\$18 Non Res

Tue 9/9/1-29 1:00-2:00 PM Activity #38377

Intermediate

42 Forms \$9 Res/\$11 Non Res

Sat 7/11-7/25 9:45-10:45 AM Activity #38375

42 Forms \$12 Res/\$14.50 Non Res

Sat 8/8-8/29 9:45-10:45 AM Activity #38379

Sat 9/5-9/19 9:45-10:45 AM Activity #38380

Qigong and Tai Chi Practice

Peer Leaders: Wing & Lucy Yu

50 Years + \$2 Activity Fee

Thu 9:00-10:00 AM

Jazzercise®

Combine dance and various movements to tone muscles. This choreographed workout uses up-to-date music. Call Barbara at (925) 447-8890 for more information.

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

Healing Yoga

Calm the mind, and improve attention and concentration.

Instructor: Anne Cavazos

Adults \$5 Drop-in Fee

Thu 7/2-8/27 1:30-2:30 PM

Intro to Gentle Yoga

Improve health, reduce stress and make the body more supple.

5 Weeks Accredited Instructor, Caran Ruga

50 Years + \$15 Res/\$18 Non Res

Tue 9/1-9/29 10:30-11:30 AM Activity #39686



Gentle Yoga

Release tension, facilitate stability and improve posture.

Accredited Instructor: Jim Stuhlman

Adults \$15 Res/\$18 Non Res

Wed 7/1-7/29 5:30-6:30 PM Activity #38864

Wed 8/5-26 5:30-6:30 PM Activity #39419

Wed 9/2-9/30 5:30-6:30 PM Activity #39439

Beginner Ballroom Dance

Learn various dance steps with other dance lovers. Everyone, at any level, is welcome with or without a partner or experience.

Instructor: Bill Blankenship

Chinese Jitterbug

50 Years + \$20 Res/\$24 Non Res

Tue 7/7-7/28 2:15-3:45 PM Activity #38282

Bachata

50 Years + \$20 Res/\$24 Non Res

Tue 8/4-8/25 2:15-3:45 PM Activity #38283

Chinese Tango

Adults \$25 Res/\$30 Non Res

Tue 9/1-9/29 2:15-3:45 PM Activity #38284

Evening Ballroom Dance: Level II Basics

Continue to practice and improve your dance technique and mechanics.

4 Weeks Instructor: Bill Blankenship

Adults \$24 Res/\$29 Non Res

West Coast Swing

Thu 7/9-7/30 7:25-8:25 PM Activity #38335

Viennese Waltz

Thu 8/6-8/27 7:25-8:25 PM Activity #38336

Merengue

Thu 9/3-9/24 7:25-8:25 PM Activity #38337



Line Dance

No partners needed, just join the line and start dancing.

CLASS	DATE & TIME	FEE	INSTRUCTOR
Beginning	Thursdays 10:15-11:15 AM	\$2	Lynn Woods
Beginning/ Intermediate	Tuesdays 10:00-11:00 AM	\$3	Rosa Chan
Beginning/ Intermediate	Saturdays 11:00 AM-12:00 PM	\$3	Rosa Chan
Easy/Intermediate	Thursdays 2:00-4:00 PM	\$4	Millie Dusha
Line Dance Social for All Levels	1 st Thursdays only 2:00-4:00 PM	\$4	Millie Dusha
Intermediate Social	Fridays 10:00-11:00 AM	\$2	Karen Hong
Intermediate/ Advanced	Mondays 1:00-2:45 PM	\$4	Millie Dusha

Hawaiian Hula Dance

Capture the aloha spirit with easy-to-follow choreographed dance steps. This class is made possible by Hired Hands Homecare, Inc.

Instructor: Julia Estigoy-Kaho'onei

Adults \$4 Res/\$6 Non Res

Fri 7/10-7/31 2:15-3:15 PM Activity #38241

Fri 8/7-8/21 2:15-3:15 PM Activity #38242

Fri 9/4-9/18 3:00-4:00 PM Activity #38243

Dublin Path Wanderers

Walk local, level trails, 2 to 3 miles. A current monthly schedule is available.

Leader: Dan Rodrigues

Adults FREE

Thu 9:00 AM (for 1 to 2 hours)

Tri-Valley Trail Trekkers

Stay healthy by trekking 4 to 6 miles on East Bay trails or parks. First-timers register in person at the Senior Center. E-mail hikedirector@gmail.com for weekly hike schedules. Contact Helen Coleman (925) 831-1728.

Adults \$2 Activity Fee

Tue 8:45 AM (3 to 4 hours)



One-on-One Computer Classes

Learn how to operate or improve skills using the Center's desktop computer, or bring in a personal tablet, laptop, or smart phone. Appointments for private sessions are available in 30-minute increments. Call to schedule an appointment.

CLASS	DAY & TIME	INSTRUCTOR
PC/MAC	Wednesdays 10:00 AM-12:00 PM	Elise Nai
PC	Fridays 9:00-10:30 AM	Zev Kahn

Basic American Sign Language

Acquire basic skills in ASL, such as the alphabet, numbers, everyday phrases and ASL bingo. Prior experience is not necessary.

Instructor: Sheila Holmes

Adults \$48 Res/\$58 Non Res

Thu 7/23-9/10 1:00-3:00 PM Activity #38393

Thu 9/17-11/5 1:00-3:00 PM Activity #39324

NEW! Memory Power

Gain understanding of how the brain and memory changes with age. Improve brain health with activities and challenges that provide a "whole brain workout".

Instructor: Diane Nohr, MA, Creator of the Memory Academy

Adults \$6 Res/\$7 Non Res

2nd Thu (9/10, 10/8, 11/12) 2:00-3:30 PM

Polish Your Writing

Your writing will improve as you learn creative ways to edit what you have written. The instructor and fellow writers enjoy listening to works in progress, and offering supportive suggestions.

8 Classes Instructor: Julaina Kleist

Adults \$32 Res/\$38.50 Non Res

Mon 7/27-10/19* 9:45 AM-12:00 PM Activity #38397

*no class 8/3, 8/31, 9/7, 9/28, 10/12

ART

Work independently on personal art projects among fellow artists. All levels of creativity are welcome.

Adults \$2 Drop-in Fee

Wed 12:30-3:30 PM (Art For All Media—returns 9/2)

Fri 9:30-12:00 PM (Watercolor—Summer only)



NEW! Mad Hatters

This group knits baby caps for two Alameda County agencies: the Highland Hospital Neonatal Care Unit, and Love Twice. Support this group by donating time and/or yarn.

Activity Leader: June Hurd

Adults \$2 Activity Fee, pay-as-you-go

Tue 10:00 AM-12:00 PM

Blankets For Vets

This is a group of caring people who help make blankets for our veterans. Bring your own knitting and crochet needles. Donations of needles and yarn are always appreciated.

Activity leader: Eva Lim

Adults \$2 Activity Fee, pay-as-you-go

Wed 1:00-3:30 PM

Beginning Art

For first time and intermediate artists. Children age 10 and up are welcome to attend the class with their grandparents.

Instructor: Arthur S. King

Adults \$19 Res/\$23 Non Res

Sat 9:00 AM-12:00 PM

CLASS	DATE	NO.
Edward Hopper: Sketching Techniques	July 11, 18, 25	38166
Portraying Time: Edward Hopper	August 15, 22, 29	38167
Telling a Story: Frida Kahlo	September 12, 19, 26	38174

Scrapbooking

Create charming, memorable treasures. Embellishments available for purchase.

Instructor: Shari Jarrett

Adults \$5 Res/\$6 Non Res

Thu 7/13 & 7/30 9:00-11:30 AM Activity #38162

Thu 8/20 & 8/27 9:00-11:30 AM Activity #38163

Thu 9/17 & 9/24 9:00-11:30 AM Activity #38164

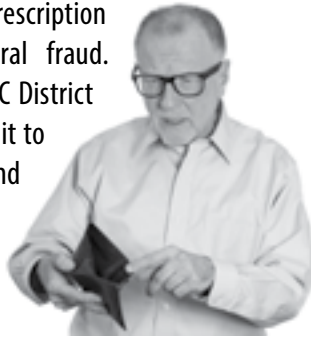
Saturday Programs

The Senior Center is open on **Saturdays** from **8:30 AM until 12:00 PM** for Jazzercise®, ping pong, beginning art, Tai Chi Chuan, and beginning/intermediate line dance.



Senior Fraud Panel Discussion

Fraud topics include: real estate, prescription drug, postal, internet, and general fraud. Resources will be provided by the AC District Attorney's Office Elder Protection Unit to help protect seniors from fraud and to locate help if one is the victim of fraud. Call to register. Minimum 10 people.



Adults FREE

Fri 7/17 1:00-2:30 PM Activity #38991

Home Repair Workshop

The Alameda County Healthy Homes Department assists qualified residents with home repairs including plumbing, water heaters, electrical repairs, railings, grab bars, ramps, furnaces, doors, locks, and more for Alameda County residents. To be eligible you must own your home/property in Alameda County, and be low income, no age requirement. Also learn how to apply for the accessibility improvement grant program, the occupant (owner-occupied or tenant) must have a disability, or be 62 years and up. Find out who's eligible. Call to register.

62 Years + FREE

Fri 8/7 10:00-11:30 AM Activity #39685

Challenges for Senior Parents and their Adult Children

This workshop looks at difficult relationships between seniors and their adult children. Difficulties may include a resident child, an overly dependent child, a controlling child, an unhelpful or undependable child, and completely cut-off relationships. Sibling adult children who are in conflict and divide the family will also be considered. Six person minimum is required. Call to register at least 1 week prior to workshop.

8 Classes

60 Years+ FREE

Fri 9/4-10/23 10:00-11:30 AM Activity #39725

Managing Type 2 Diabetes

Find out how to better manage diabetes, monitor blood sugar, manage stress and enjoy favorite foods. Call (925) 556-4511 to register.

Instructor: Marisa Castaldini, Diabetes Program Manager

Adults FREE

Fri 7/24-9/4 10:00 AM-12:00 PM

Diabetes Support Group

For people with diabetes, and their families.

Facilitator: Marisa Castaldini, Diabetes Program Manager

Adults FREE

1st Tue 10:00-11:30 AM

Health Insurance Counseling

HICAP—Health Insurance Counseling and Advocacy Program of Alameda County offers Medicare and health insurance counseling to clients 65 and older, and their adult children. Call (925) 556-4511 by the prior Monday to schedule a one-hour appointment.

Adults FREE

4th Wed starting at 1:00 PM

Health Screening by Senior Support

Participants must be Alameda County residents.

- Nutritional Counseling: education and medication review
- Blood sugar test: 12 hour fast, or 3-4 hours after a meal
- Urine test

By appointment only, call the Dublin Senior Center for availability:

- Hearing test
- Foot care (\$10 suggested donation)

Adults FREE

Mon 9/15 9:30 AM-12:00 PM

NEW! Hearing Aid Screening, Cleaning & Repair

The Audibel Hearing Center will provide free hearing aid, repair and screening. Most services may be performed on-site while you wait. Call (925) 556-4511 to make your 15-minute appointment.



50 Years + FREE

2nd Wed (7/8, 8/12, 9/9) 10:00-11:30 AM

Senior Support of The Tri-Valley Agency

This independent non-profit agency assist seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. This program is co-sponsored by the City of Dublin and other local and county agencies. Call for a complete list of services offered, including case management, and transportation. They are located at 5353 Sunol Blvd. in Pleasanton. Office Hours are Monday to Thursday, 9:00 AM-4:30 PM. For general information call (925) 931-5379; for Case Management, call (925) 931-5381.



Safety Driving Registration

Make check payable to AARP, no cash please. Drop off, or mail check to the Dublin Senior Center. Write membership number on check.

Instructor: Bill Bryson

Adults \$15 AARP MembeRes/\$20 Non-AARP

AARP Safety Driving: 8-Hour Class

Develop functional abilities and reflexes for safe driving, offered to drivers 50 years and up. Class completion may entitle participants to a discount from auto insurance providers.

Mon & Tue 7/27 & 7/28 12:30-4:30 PM

AARP Safety Driving: 4-Hour Refresher

Requirement: Students who have taken the 8-hour course within the past three years are qualified to take the refresher course.

Fri 8/4 12:30-5:30 PM

Transportation Counseling

Learn how easy and convenient it is to use public transportation. Apply for Dial-A-Ride Service and RTC discounts serving Tri-Valley residents, living in Dublin, Pleasanton, Livermore and some parts of San Ramon. Call (925) 556-4511 one week prior to schedule a free 15-minute appointment.

Adults FREE

Tue 7/21 & 9/15 10:00-11:00 AM



Group Travel Training Trip to Tiburon

Experience using public transportation. Meet at BART, ride to San Francisco and take the ferry to Tiburon for lunch and tour the island. Estimated return time to Dublin by 5:00 PM. Register at the Senior Center, or mail a registration form to LAVTA, c/o Jan Cornish.

Adults Bring Clipper Card (\$20)

Wed 9/30 9:00 AM-5:00 PM

2-1-1 Information Line



2-1-1 Alameda County phone line is a free, confidential and multilingual service for the public. Trained resource specialists are available 24/7 to assess callers' needs and provide comprehensive and up-to-date information on affordable housing, emergency shelter space, utility payment assistance, Medi-Cal information, food programs, support groups, etc.

Wiesner Memorial Fund

The Wiesner Board of Directors helps seniors who may be in financial crisis. They provide emergency grants or loans, in nominal amounts, to seniors who need assistance for food, medicine, prescriptions, auto repairs, rent, appliance repairs, etc. Call for an appointment to determine financial aid eligibility and to complete an application form.

Livermore (925) 373-5760

Pleasanton (925) 931-5365

Dublin (925) 556-4511

Final approval is made by the Wiesner Fund Board.

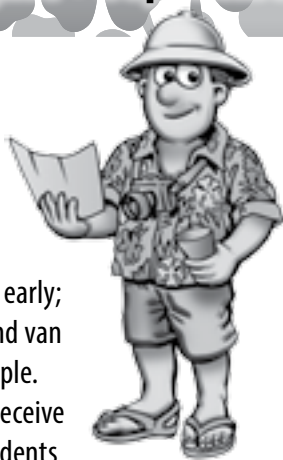


200 Civic Plaza, Dublin, CA 94568
(925) 828-1315 **www.aclibrary.org**

Sunday	1:00 PM-5:00 PM
Monday	10:00 AM-8:00 PM
Tuesday	10:00 AM-8:00 PM
Wednesday	10:00 AM-8:00 PM
Thursday	10:00 AM-6:00 PM
Friday	CLOSED
Saturday	10:00 AM-5:00 PM

Van Trips

Sit back and relax while being driven to an interesting location. Register early; trips fill up fast and van capacity is 14 people. Dublin residents receive priority, Non-Residents register one week later. Trip fees include: professional driver, tolls, parking and admission, but not lunch, unless stated otherwise. TRIP FLYERS are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, a refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

TRIP	DATE & TIME	COST	REG. BY	ACT. #
Monterey	Saturday, July 25, 8:45 AM-5:30 PM	\$39 Res/\$47 Non Res	call	36826
Castle by the Bay 1: Carolands Hillsborough	Wednesday, July 29, 9:30 AM-5:00 PM	\$39 Res/\$47 Non Res	call	38800
Castle by the Bay 2: Winchester Mystery House, San Jose	Saturday, August 8, 9:15 AM-4:15 PM	\$69 Res/\$77 Non Res	call	38797
Lick Observatory	Saturday, August 15, 9:30 AM-6:00 PM	\$39 Res/\$47 Non Res	7/1/15	38804
San Francisco Chinatown	Saturday, August 29, 9:15 AM-5:15 PM	\$39 Res/\$47 Non Res	7/1/15	38157
Carmel	Saturday, September 19, 8:45 AM-5:30 PM	\$39 Res/\$47 Non Res	8/3/15	39850
San Francisco Scenic Drive	Saturday, September 26, 9:15 AM-4:45 PM	\$39 Res/\$47 Non Res	8/28/15	38805
Fleet Week, Fisherman's Wharf	Friday, October 9, 9:30 AM-5:30 PM	\$39 Res/\$47 Non Res	8/28/15	38175
Golden Gate Fields, Albany	Saturday, October 24, 10:30 AM-6:00 PM	\$74 Res/\$82 Non Res	8/28/15	39607
Holiday Factory Tour, Hilmar	Wednesday, December 2, 8:15 AM-5:15 PM	\$39 Res/\$47 Non Res	10/26/15	39608

Extended Travel by Collette Vacations

Escorted destinations combine sightseeing, entertainment and leisure time. Upcoming trips include the following:

Madrid: September 19-26, 2015

Venice: November 7-13, 2015

Heart of the South: April 10-17, 2016

Islands of New England: July 22-29, 2016

San Antonio: October 9-13, 2016

Contact the Senior Center for availability and information.



Weekly Schedule

DAY	TIME		CLASS
Mondays	9:45 AM–12:00 PM	\$ *	Writing Class
	10:00–10:45 AM	\$ *	Fit Over 50
	12:30–4:00 PM	¢ *	Bridge – Advanced Play
	1:00–2:45 PM	\$ ♀	Advanced Line Dancing
	3:00–3:45 PM	\$ *	Chair Pilates
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	10:00–11:00 AM	\$ ♀	Beginning/Intermediate Line Dance
	10:00 AM–12:00 PM	¢ ♀	Needle Arts Group (returns September)
	10:30–11:30 AM	\$ *	Intro to Gentle Yoga
	10:30–11:30 AM	¢ ♀	A Reading Group (every 4th Tuesday)
	12:30–4:00 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
	1:00–4:00 PM	¢ ♀	Sunshine Strummers/Beginning Ukulele
	1:00–4:00 PM	¢ ♀	Melody Minstrels/Intermediate Ukulele
	2:15–3:45 PM	\$ *	Ballroom Dance
	6:00–7:00 PM	\$ *	NIA (Non Impact Aerobics)
Wednesdays	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00 AM–1:00 PM	\$ *	PC/MAC Computer 1-on-1 (30-minute sessions)
	12:30–3:30 PM	¢ ♀	Art Studio for All Media (returns in September)
	12:45–3:30 PM	\$ ♀	Bingo
	1:00–2:30 PM	¢ ♀	Draw Now... Paint Later (returns in September)
	1:00–3:30 PM	\$ ♀	Blankets for Vets
	5:30–6:30 PM	\$ *	Gentle Yoga
Thursdays	9:00 AM	♥ ♀	Path Wanderers Walking Group (call for schedule)
	9:00–10:00 AM	¢ ♀	Tai Chi Chuan Practice Group
	9:00–10:00 AM	¢ ♀	Intro to Piano
	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:15–11:15 AM	¢ ♀	Line Dancing for Beginners
	1:30–2:30 PM	\$ ♀	Healing Yoga
	12:00–4:00 PM	¢ *	Chinese Mah Jong
	1:00–3:00 PM	\$ *	Basic American Sign Language
	2:00–4:00 PM	\$ ♀	Intermediate Line Dance (Social on 1st Thursday)
	7:25–8:25 PM	\$ *	Beginning/Intermediate Ballroom Dance
Fridays	9:30 AM–12:00 PM	¢ *	Watercolor for all levels – Summer Drop-in
	10:00–11:00 AM	¢ ♀	Line Dance Social
	12:15–4:00 PM	¢ ♀	American Mah Jong
	12:30–4:00 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	¢ ♀	Voice
	1:00–2:00 PM	\$ *	Tai Chi Chuan for Beginners
	2:15–3:15 PM	\$ *	Hula Dance
Saturdays	8:30 AM–12:00 PM	¢ ♀	Ping Pong – Open Play AM only
	9:00 AM–12:00 PM	\$ *	Beginning Art Class
	9:45–10:45 AM	\$ *	Tai Chi Chuan
	11:00 AM–12:00 PM	\$ ♀	Beginning/Intermediate Line Dance

play!

Take part in one of the many games or activities offered

explore!

Experience a trip (near or far), a new class or an interesting group

connect!

This is the perfect place to meet and greet new and old friends

Activity Key



Walk-ins welcome (otherwise please register in advance, in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior Center classes required; call (925) 556-4511 for info

shamrock cafe

Monday – Friday; 11:30 AM – 12:30 PM



SENIOR INFO FAIR

INFORMATION & RESOURCES FOR SENIORS

SATURDAY, OCTOBER 3, 2015

10AM-2PM

DUBLIN SENIOR CENTER

7600 Amador Valley Blvd. • (925) 556-4511

Enjoy presentations, giveaways, refreshments and free consultations from various vendors and much more at this FREE event.

Vendor Registrations will be accepted beginning in August; space is limited.

Call (925) 556-4511 for more details.

Dublin Senior Center

SPONSORS

The Center's donors and sponsors are gratefully appreciated. Their generosity allows the Dublin Senior Center to provide free coffee and to partially underwrite the cost of activities; thus keeping patron's fees affordable. The City, staff and patrons thank them. To become a donor or sponsor, please e-mail seniorctr@dublin.ca.gov or call (925) 556-4511. Join us in thanking the following sponsors of the Dublin Senior Center:

PLATINUM SPONSOR

Pat Hughes
Senior Supporter

GOLD SPONSORS

Palo Alto Medical Foundation

SILVER SPONSORS

Hired Hands Homecare, Inc.

Dublin Senior Foundation Donor Wall

Remember someone special or simply make a tax deductible donation to the Senior Center. FOUR levels of giving are as follows:



Benefactor

\$5,000 12" x 12"

Sponsor

\$2,500 6" x 12"

Donor

\$1,000 2 1/2" x 12"

Individual

\$250 2 1/2" x 5 1/2"

Application forms are available. Return the form to the front desk, with a check made payable to the Dublin Senior Foundation. For more information, leave a message for George Zika, Foundation Board Member.



Dublin Senior Center

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Dublin, CA 94568



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